

Course Programme

4-day Introductory Course

Aims of Course

This course will provide a thorough introduction to the principles and practices of solution focused brieftherapy including: participants to Solution Focused Brief Therapy:

- The development of the approach
- The theoretical underpinnings
- The therapeutic process
- A full set of adaptable skills

The course will be sufficiently practical for each participant to be able to begin using solution focused skills when they return to work. It will also provide a basis for continued self-development.

For whom

Participants typically come from Health, Welfare and Education with many counselors and therapists attending. The course covers work with children, adolescents and adults, couple and family work and all the ideas are adaptable to group work.

Solution Focused Brief Therapy

More front-line professionals are using solution focus as the approach of choice than any other therapeutic model. Its strength-base and future-focus make it ideal for situations requiring rapid engagement and cooperation. By concentrating on a preferred future rather than a regretted past and by focusing on resources rather than deficits the solution focused approach has proved as effective as any other model. (See [research](#))

Course methods

Solution focused brief therapy can only be learned through practice and the teaching methods reflects this. Courses have a large element of practical skills development exercises all designed to be directly relevant to the task of doing and supervising direct work with clients. Most of the work is done in pairs, threes, small and large groups. The approach will also be demonstrated either through the use of taped-sessions or through live demonstration.

Course content

Each course is a unique event and the programme will be adapted to each group

- An overview of Solution Focused Brief Therapy.
- Solution focused Listening
- Creating motivation
- Detailing the preferred future
- Eliciting competence and resource
- Highlighting progress
- Finishing solution focused conversations
- Putting it all together
- Follow-up sessions

This four-day programme provides sufficient opportunity to begin to embed solution focused skills

into the everyday work of participants. It has been the starting point of most leading brief therapists in Britain.

Course materials

Each participant will be given a detailed, practical, 44 page Manual supporting the course programme and will have access to any other written material used.

Pre-course preparation

A brief article summarizing Solution Focused Brief Therapy can be found at www.brief.org.uk - - *What happens in Solution Focused Counselling*